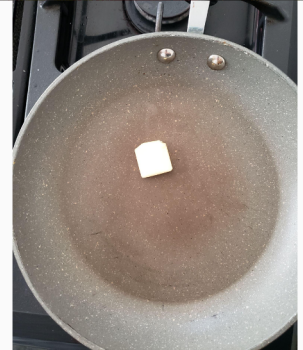


Scrambled Eggs 101

Grant Ahrens

Steps 1-3

1. Gather your ingredients and materials: butter, milk (optional), egg, salt & pepper (optional), cheese, bowl, fork, paper towel, spatula, and skillet
2. Place your skillet on your stove on low to medium heat
3. Cut 1 tbsp of butter and place in skillet



Steps 4-8

4. Grab a bowl and crack your egg on the inside lip of the bowl to prevent the yolk from running down the sides.
5. Check for bits of shells (if there are bits of shells, scoop out with the cracked shell)
6. Whisk with a fork till blended
7. Optional: Add a pinch of Salt and pepper to taste
8. Optional: Add 1-3 tablespoons of milk to flavor and texture



Steps 9-12

9. Wash your hands with soap and water (You don't have to. But if you don't want slimy yolk all over your condiments then I'd advise this.)
10. Use a paper towel to clean up any mess from cracking the eggs
11. Take the skillet and move it around, which in turn will move around the melted butter
12. Pour the bowl of egg into the skillet that has been heating up.
(Add cheese if you want it.)



Steps 13-15

13. Using your spatula, move the eggs around in the skillet in a figure 8 motion (see video) until eggs are fully cooked.
14. Turn off your stove and empty onto a plate
15. Enjoy your scrambled eggs plain or with a topping of your choice - see the next slide for the variety of toppings and kind of eggs you can have.



Eggs and Beyond!

- Scrambled
 - Omelets and Frittatas
- Sunny Side Up
- Over Easy, Medium, and Hard
- Poached
- Soft and Hard Boiled
- Hashed
- Basted
- Baked or Shirred



Eggs-quisite Toppings

- Ketchup
- Mustard
- Paprika
- Hot Sauce
- Salsa
- Extra Cheese
- Fresh Herbs
- Chopped Vegetables



Photo Credit: Damon Dahlen/The Huffington Post

